

**Section A (50 marks)**  
**Attempt all the questions**

**Q I. Choose the appropriate answer from the given alternatives.**

**[20]**

1. The term "Health" includes the parameters  
A. Physical  
B. Mental  
C. Emotional  
D. All of the above
2. Tissues with similar functions together form  
A. Organ  
B. Tissue  
C. Organ system  
D. Organism
3. The contraction of arm is a good example for this type of movement  
A. Extension  
B. Flexion  
C. Adduction  
D. Abduction
4. Organs and their relationship between the other organs can be studied in  
A. Structural biology  
B. Anatomy  
C. Ecology  
D. System biology
5. Biggest muscle in the human body is:  
A. Deltoid  
B. Triceps  
C. Gluteus Maximus  
D. Biceps
6. The main components of the skeletal system are  
A. Bone  
B. Joint  
C. Cartilage  
D. All of the above
7. Messages are sent to the muscles via these nerves  
A. Vagas nerves  
B. Motor nerves  
C. Sensory nerves  
D. Cranial nerves
8. The largest bone in the human body is  
A. Radius  
B. Femur  
C. Ulna  
D. Humerus
9. The elasticity of cartilage is due to presence of protein:  
A. Actin  
B. Myosine  
C. Chondrin  
D. Collagen
10. Which of the following is not the bone of the limb?  
A. Tibia  
B. Fibula  
C. Carpal  
D. Tarsal
11. The bone embedded in the tendons are also called:  
A. Cartilaginous bones  
B. Irregular bones  
C. Sesamoid bones  
D. Flat bones
12. A good example for the slightly movable joint is:  
A. Skull joint  
B. Vertebral disc  
C. Hip joint  
D. Neck joint
13. The types of the muscles that attached to bones give external visible movements to body are  
A. Smooth muscles  
B. Cardiac muscles  
C. Skeletal muscles  
D. Both A & B
14. RBC's are manufactured in this part of the body.  
A. Heart  
B. Kidney  
C. Blood  
D. Bone marrow
15. The type of the tissue which joins bones with muscle is.  
A. Cartilage  
B. Ligaments  
C. Joints  
D. Tendon
16. Proteins that involved in the mechanism of muscle contraction is:  
A. Albumin  
B. Myosine  
C. Gastrin  
D. Caratine
17. The type of muscle which constitute 40% of human body is:  
A. Cardiac  
B. Voluntary  
C. Non – voluntary  
D. Both B & C
18. Muscle are made up of microscopic thread called

- A. Muscle hair
- B. Muscle fibre

- C. Myofibril
- D. Muscle root

19. The type of the exercise where there is involvement of both flexor and extensor muscle is:

- A. Isotonic
- B. Isometric
- C. Isokinetic
- D. All of the above

20. Explosive strength can be measured by the following method.

- A. Chin-ups
- B. Push-ups
- C. Jumps chinning test
- D. Throw attempts

## **QII.**

- 1. Name the six bones of limbs [2]
- 2. Draw a neat diagram of ball and socket joint. [2]
- 3. Name the types of synovial joints. [3]
- 4. Write six functions of skeletal system. [3]

## **QIII.**

- 1. Define strength and mention its types with examples. [2]
- 2. Write any two differences between isometric and isotonic exercises. [2]
- 3. Draw a neat diagram of microscopic structure of muscle. [3]
- 4. Write six functions of muscular system. [3]

## **QIV.**

- 1. Name the skeletal muscles of shoulder. [2]
- 2. Write the difference between abduction and adduction. [2]
- 3. Write any six effects of exercises over the muscular system. [3]
- 4. Write any six systems of human body with their function [3]